

# Magazine Feature Section

## PAJAMAS—WHY NOT?

They Give Freedom of Movement and are Not Germ Gatherers—One Authority Says They are the One Perfect House Dress and Tend to Improve the Figure as Well



Farewell, petticoat and sloppy dressing jacket! Adieu, thou saddle for humankind which we call a corset! Begone, most hideous of all raiment, the dragging germ-gathering kimono! Welcome, pajamas! "To be sure, I wear them," confessed an applicant for health and pulchritude. Why not? We all know that, in the matter of responsibilities of the home, the gentleman housewife wears the trousers. Why not in fact? 'Tis a jolly notion, and as for convenience—ho, hum, a step ladder has no terrors and to juggle the furniture is an athletic joy. It's a bit of a shock to the grocery boy when he comes in with his load of larder provisions, but a shock is good for his system; it stimulates his circulation. In time he'll get used to it. One can resort to the bathrobe when the door bell rings, and so save sensitive souls from sudden fright."

### LIKE CHARMING CHINESE LADY.

The wearing of pajamas is no longer a fad; it is an institution. No woman who adopts them will return to the ugly kitchen apron, nor hinder the free movement of her body with dragging lengths of gingham. She has a freedom the happy like of which she has never known. The family will smile at first, feeling a bit strange in the society of the little Chinese lady who has suddenly appeared among them, but in time they will declare that she is a cunning creature and pleasing to the eye.

Without doubt she is vastly more charming to look upon than when arrayed in the strange, weird combinations that women devise for housework—odd skirts and waists, perhaps, or petticoat and cast-off bodice fluney, or house frock badly frayed. As for comfort, there is nothing like it. No pinching belts about the waist. Freedom to bend and move. Nothing to catch and rip when arms are lifted. Best of all it's—thing deep and full. Domestic

work is exercise instead of drudgery.

The question of comfortable dress is so much more important than women imagine. The hygiene experts declare without reservation that the history of woman's dress affords a forcible demonstration that the fundamental cause of the inferior physique and lowered vitality of the modern woman is to be found in unhygienic garments, not only those she wears but those that have been worn by her ancestors for centuries back. Powerful and classic physiques still exist among the savage races; only the fashionable woman dresses like a barbarian.

### A STEP TOWARD BETTER HEALTH.

As far back as 1265 the corset was worn. In the twelfth century the author of "St. Theris" wrote that the fashionable ladies of France were so tightly laced they could not even bend their arms—to say nothing of their poor shackled bodies. Peter the Great said that the ladies of his court wore robes stretched so tightly over their bodies that they could scarcely breathe. The forerunner of the corset was the band or girdle worn by the Greek and Roman women, and from that day to this the crusade against unnatural and hideous binding of the human body has continued. Protest and reasoning availed not at all until the arrival of the modern straight-front corset, which goes to show that reforms in which the beauty of women is a factor are slow. Indeed. Was it beauty? Not at all.

### WASP WAIST HAS ITS STING.

It was a matter of perverting and distorting all the soft, graceful lines of the body. Worse still, it lowered the vitality of the civilized races. If pajamas will help along the good work let every woman get out her scissors and a piece of shambay and make herself a beautiful raiment.

Whalebone stays arrived in Queen

Elizabeth's time. That was lacing for fair.

The wasp is such an impolite bird one wonders why a human being should want to resemble him. But the slender waist took hold of the human mind at that date and kept its influence until a few years ago.

It is interesting to know that a corset worn ordinarily tight cripples the lungs to the extent of one-fifth of their entire capacity. This means a pale complexion, lips that are far from healthy crimson, eyes that lack luster and all manner of physical depletion. Another result is increased rapidity of the heart action, more frequent respiration and therefore greater wear and tear on

the human system. Many a woman suffering from biliousness, sallow complexion and headaches is paying the penalty of years of tight lacing which caused direct pressure on the liver.

There have been cases mentioned in medical records in which the left lobe of the liver has been nearly separated from the right by the pressure of the ribs curved in from constant wearing of corsets. In many cases the stomach is pressed down below its normal level and there is prolapsus of the kidneys.

The hygienic corset of today will not do any special injury, but every moment that the figure is unbowed and absolutely unshackled is that

much aid to a woman's health and vitality.

Hence pajamas.

### THEY'RE RECOMMENDED FOR HOUSE WEAR.

The National Dress Reform League recommends this costume for the house. Any woman of good judgment will accept it as a delightfully comfortable garment. She will be more likely to breathe properly and deeply when the body is free from bands and belts. Her work will be less tiring.

The housekeeper will be surprised to find how much more easily she can move about, climbing to a window seat without catching her heel

in her frock. When wiping up the bathroom floor the troublesome skirts will not be in the way, dripping into pools and puddles of water. Dishwashing will be easier, life will be happier, because of the sense of muscular freedom.

In all matters of reform a woman should think not only of herself but the advancement of civilization and the betterment of the human race. Every effort to make oneself stronger is that much assistance to future generations. Consider new ideas and, if possible, accept them. But for the love of fairness and justice, do not stand among the scoffers who, possessing no beauty them-

selves, deride and sneer at the efforts of others to make themselves presentable. Let us be ornaments on the face of the world—not freckles or warts or other horrible blemishes! It should be the pleasure as well as the duty of every woman to make herself a joyous, happy, healthy human being, good to the eyes, pleasant to the ears, and inspiring every delicate, appreciative response of the spirit. Be-long not to the indolent band that is getting the best out of life, but join the ranks of those who ask themselves:

"Is life getting the best out of me?"

## Fighting Fire With Gas

One day a forty-ton tugboat was cruising in the lower bay, just outside the Hook, looking for a schooner. In some way the tug caught fire. The crew tried to put out the flames, but finding that they could not conquer them, the boat was headed for the Ronger Shoals. The tug struck a shoal, heeled over and sank, but not before the small crew could launch a boat and escape from the burning, sinking wreck. They were picked up later by a passing ship and brought back to New York. If they have secured other jobs they have probably forgotten about this week-old episode by this time. It was but an incident in the life of those who win their living from the sea.

Small and unnoticed as this disaster was, it reproduced in mitja-

eral thing, a big liner has some 60 hose connections and can concentrate six streams on any one section in less than no time. A dozen or so hand pumps are also scattered about the decks. The crews are drilled once or twice on each voyage, so that every one of them is familiar with the station he should take and the discipline he should be observed should a fire be sounded.

Thirty or forty years ago fire played as great a part in the disasters of the sea as did any other form of shipwreck. It was the most dreaded of all marine disasters. Today, according to the latest maritime statistics, it causes annually less than 6 per cent of the casualties at sea. Only 12 of the 275 vessels that were totally lost last year were destroyed by fire or explosions.

In the beginning the seafarers fought fire with water. A few years ago live steam began to be used to smother the flames. Both these means tended to injure the cargo. So, within the last three or four years the use of gases has become more and more general to put out fires. The latest application of this principle in extinguishing fires is a machine which most boats carry that is used for disinfecting by means of sulphur. In the event of fire occurring the pipes carrying the sulphur gas are run between the generator and the place that is burning. One line of pipes forces the gas in, another draws it out with the heated smokecharged air. This system of circulation is kept up until not only is the fire extinguished, but the compartment where it occurred is as cool and free from smoke as any other in the ship. The cargo is damaged only where the flames may have scorched it in the beginning.

A steamer from China that reached New York recently with a cargo of tea, curios and matting was an example of this system of smothering fires without damage to the merchandise. The fire started in the matting, probably from spontaneous combustion, and made a tremendous smoke. As soon as it was discovered the crew began pumping the sulphur gas into the compartment. If they had used water it might have damaged some part of the enormously valuable cargo. As it was the underwriters got off with a trifling loss instead of one of half or three-quarters of a million dollars.

Boats that carry soft coal are especially likely to take fire. Incredibly fine dust is held in suspension in the air between decks, and a spark coming in contact with this would cause an explosion and the following flame as quickly as if it had encountered the vapor of gasoline. Such boats naturally are especially well fitted with the most modern of fire extinguishing apparatus.

We often feel sorry for the rich. There is Rockefeller, for instance; he once had as much hair as anybody.

"While my daughter was playing the piano last night a gentleman knocked at the door and asked me to give her five shilling."

"Was he such an ardent lover?"

"No; he said he merely gave a thank-offering because he was live next door to us."

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